



Recommended Snack Foods and Beverages

Developed by Somerville Public Schools Food Service Department for 2006-2007 Wellness Policy

FRUITS AND VEGETABLES:

- **Whole Fruit**
- **Fresh Sliced Fruit:** 1/2 cup or more
- **Canned Fruit:** 1/2 cup (canned in its own juice - not in heavy syrup)
- **Dried Fruit:** 1/3 cup
- **Unsweetened Applesauce:** 1/2 -1 cup
- **Bite-Size Vegetables:** 1/2 cup or more

DIPS AND SPREADS: Keep portion size to 1-2 Tablespoons for high fat or sugar spreads (choose products with 2 grams or less per serving from saturated fat or trans fat).

- **Salsa**
- **Low Fat Salad Dressing**
- **Low Fat Cream Cheese**
- **Hummus or Other Bean Spreads**
- **Yogurt Dip**

DAIRY FOODS:

- **Low Fat Cheese Cubes or String Cheese:** 2 ounces or less (small handful)
- **Low-fat Cottage Cheese or Yogurt:** 8 ounces or less

PROTEIN FOODS:

- **Sunflower or Pumpkin Seeds or Soynuts:** Maximum portion size is 1.25 ounces (about 1/3 cup)
- **Trail Mix:** Maximum portion size is 1.25 ounces (about 1/3 cup)
- **Lean Turkey or Other Deli Slices:** 2 slices
- **Hard Boiled Egg:** 1 Egg

BEVERAGES:

- **Water**
- **Milk** (1 cup low fat milk or soy milk)
- **100% Fruit Juice** (no more than 6oz. a day)
- **100% Vegetable Juice** (like Tomato or V8)
- **100% Fruit Juice with Club Soda/Seltzer**

GRAINS:

- **Whole Grain Crackers:** 1-2 large handfuls (like Triscuits or Kashi TLC Crackers)
- **Baked Snack Chips:** 1-2 large handfuls (like Pita Chips, Tortilla Chips, or Frito Lay baked potato chips or baked Doritos)
- **Pretzels:** about 20 tiny twists
- **Popcorn:** 2 cups "light" microwave popcorn (without butter)
- **Cereal:** 1 cup whole-grain cereal (like Cheerios or Multigrain Chex)
- **Granola/Fruit Bar:** 1 small to medium size bar (choose whole grain brand like Quaker)
- **Pretzels:** about 20 tiny twists
- **Graham Crackers or Teddy Grahams:** 2-3 crackers, 1 snack pack or about 24 bears
- **Cookies:** (like Frookie Animal Crackers - 10-15 cookies, 3 Fig Newton's, or 1-2 small or medium size oatmeal cookies)

SOME GOOD COMBINATIONS:

- **Vegetables and Dip**
- **Yogurt Parfait:** yogurt layered with fruit and granola
- **Banana and Dry Whole Grain Cereal**
- **Apple and Low Fat Milk**
- **Fruit Slices and Low Fat Cheese Cubes**
- **Triscuits and Low Fat Cheese Cubes**
- **Sunflower Seeds and Baby Carrots**
- **Taco Roll-up:** whole wheat tortilla rolled w/ low-fat cheese, bean spread & salsa
- **Turkey Roll-up:** lean turkey slice rolled up with low-fat cheese
- **Mini Whole Wheat Bagel with Spread**
- **Mini Sandwiches:** use 1 slice whole-wheat bread, pita bread, or several whole grain crackers. Fill or top with: low fat cream cheese & fruit spread, low-fat cheese & cucumber slices, or tuna salad

Snacking Tips for Healthy Students

Snacking should not be a substitute for eating regular meals, but it is normal that active and growing students may need snacks between meals. Adults can help students develop good habits by modeling healthful eating behaviors, encouraging students to start their day with breakfast, and providing opportunities for physical activity (at least 1 hour everyday).

Guidelines:

- Keep fresh fruits and vegetables readily available. Wash and prepare produce ahead of time, then keep in the refrigerator for easy snacking later.
 - Keep beverage choices healthful. Choose low-fat milk (1 cup serving), water, and small amounts of 100% fruit juice (the American Academy of Pediatrics recommends no more than a 6 oz serving of 100% fruit juice a day). Avoid soda, sweetened juice drinks, and sports drinks!
 - Look for snacks that have at least 2 grams of fiber per serving listed on the nutrition label.
 - Choose whole-grain snacks as much as possible.
 - Choose low-fat dairy products (for children over age 2).
 - Snacks that include at least two of the major food groups are best (carbohydrates, proteins, dairy, fruits and vegetables). For example, an apple and graham crackers, or cottage cheese with peaches.
 - Make it a good habit for your child to brush their teeth or at least rinse their mouth with water after they finish eating snacks. Sugary snack foods that stick in the teeth pose the greatest risk for tooth decay.
 - Aim for snacks low in fat, sugar and sodium. The Massachusetts Action For Healthy Kids guidelines promote the following snack limits for fat, saturated and trans fat, total carbohydrate, and portion sizes:
 - **TOTAL FAT:** No more than 30% of total calories from fat or 7 grams maximum per serving, not including seeds and non-hydrogenated seed butters served within the portion guidelines.
 - **SATURATED FAT & TRANS FAT:** No more than 10% of total calories from saturated and/or trans fat or 2 grams maximum per serving.
 - **TOTAL CARBOHYDRATE:** No more than 30 grams of total carbohydrate per serving (including natural and added sugar)
 - **PORTION SIZE:** Strive for small portions of snacks, except for fruits and vegetables
- Fruits and Vegetables: 1/2 cup minimum (eat at least 2 1/2 cups total each day)**
- Yogurt: 8 ounces maximum (about 3/4 cup)**
- Cheese: 2 ounces maximum (a small handful)**
- Trail Mix and Seeds: 1.25 ounces maximum (about 1/3 cup)**
- Non-hydrogenated Seed Butters: 4 Tablespoons maximum**
- Chips, Crackers, Popcorn: 1.25 ounces maximum (1-2 large handfuls)**
- Cookies, Cereal Bars: 2 ounces maximum (a small handful)**
- Bakery Items: 3 ounces maximum (a handful)**

For information about Action For Healthy Kids, visit: www.ActionForHealthyKids.org